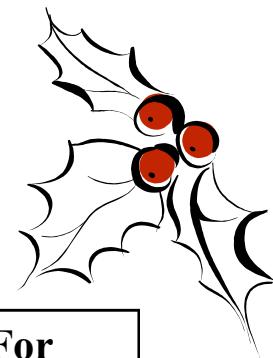


VOLUNTEER VOICE

WINTER 2004

Retired and Senior Volunteer Program/Moore County Volunteer Center



From Peggy's Desk:

Winter is upon us and I know you are all very generous with your time at our RSVP stations during this special time of year. So many children and adults need that extra touch during the holidays and your service is greatly appreciated.

I've started a new feature on WIOZ AM and FM morning shows every Monday talking about the "Volunteer Opportunity of the Week". Going alphabetically through our list of RSVP stations, I discuss a given station and what volunteers do there. If you have extra time to volunteer, tune in to learn more about opportunities available.

I'd like to thank all of you who have contributed to RSVP in 2004 and I appreciate your support. The RSVP Advisory Council members and I wish you and yours a Happy Holiday and wonderful New Year.



2004 North Carolina Award For Outstanding Volunteer Service

The award ceremony for the 5 recipients of the Governor's Award for Outstanding Volunteer Service was held on November 9 in Asheboro. The 5 were selected from 12 deserving volunteers who were nominated by various agencies in our community. Recipients were **Joseph and Alice Gilbert**, St. Joseph of the Pines; **Hugh Joyce**, Moore Buddies; **Richard McMann**, Guardian ad Litem; **Peggy Raney**, Habitat for Humanity; and **Vivienne Ulansey**, Guardian ad Litem and League of Women Voters. The ceremony was very impressive and 115 recipients were honored.

CONGRATULATIONS

and thank you for your service to others!

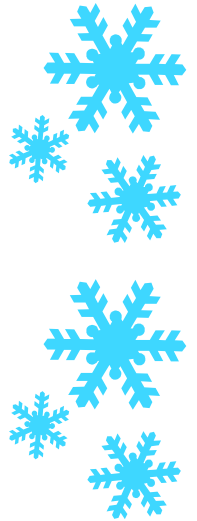
THANK YOU to all who submitted timesheets for July - September. 337 volunteers reported 10,049 hours at RSVP stations for the three month period. That's terrific!

Reminder: TIMESHEETS ARE DUE BY JANUARY 7 for October through December! Why are they important? Each station has their own goal for number of volunteers and number of hours each year. Providing RSVP with your hours helps us justify our grant and ensures that we will meet our goals and qualify for RSVP funding in 2006. This is important because we did not meet our goals last fiscal year. We appreciate your cooperation!!

If you have questions, please call Peggy Morris at 947-6395.

2004 Annual Volunteer Luncheon

On October 29, volunteers and guests gathered at the County Ag Center to celebrate another great year of volunteering and to recognize 12 of their own. Also present were county administration and commissioners. The theme was "*A Royal Thank You*" with gold crowns decorating the tables filled with delicious chocolate truffles. The 5 recipients of the 2004 NC Award for Outstanding Volunteer Service were presented with certificates of appreciation. The 7 nominees were also recognized with certificates for their contributions. Rich Rushforth and Kristen Palmer of Star 102.5 hosted the award ceremony. Entertainment was provided by Aberdeen Elementary Renaissance Academy Chorus. We had a great turnout and lots of positive feedback from stations and volunteers. A good time was had by all.



Outstanding Volunteer Recipients and Nominees Left to Right Back: Vivienne Ulansey, Sheila Henderson, Patricia Murphy, Mary Galtere, RoseMarie Gagnon, Peggy Raney, Richard McMann. Front Five Left to Right: Jeanne Hunkele, Bill Evert, Ellen Roesler, Alice & Joseph Gilbert. Not pictured: Lea Chandler, Hugh Joyce



Renaissance Academy Chorus



Vivienne Ulansey accepts her award.



VOLUNTEER OPPORTUNITIES

Volunteer opportunities are available at all RSVP stations. We still need *Meal Deliverers* in Robbins (Weds. & e/o Tues. a.m.) and Cameron (Fri. a.m.). *AARP* is recruiting *Tax Counselors* for training to start late this month. *Coalition for Human Care* needs a male or couple to manage the pick-up and resale of their large household items (a driver is hired for the pick-ups). This entails phone work, which can be done at home, and supervising resales Weds. & Sat. a.m. at CHC. If you have some extra time after the holidays, consider taking on a second volunteer assignment. Many of our volunteers do. Also, if someone new has moved into your neighborhood or you have a friend who seems to have a lot of time available, tell them about RSVP. In spite of great radio and press coverage, the #1 way to find new volunteers is still through word of mouth.

SENIOR FITNESS

Thingamajigs and Whatchumacallits

By Jim Evans

DEAR JIM: I have finally convinced myself to follow through with my New Year's resolution and start an exercise program at the ripe age of 72, but I'm confused by all of the equipment at my health club. Even some of the equipment I thought I might be most comfortable with – like stationary bicycles and treadmills – are all computerized now and confusing. Whatever happened to the simple stationary bike where you could just climb on the seat and start pedaling or the old-time manual treadmill where you just started walking without pushing a lot of buttons to make it work!? I don't know anything about computers anyway.

DEAR RIPE: Ah, yes, the good old days! But, like everything else, the fitness industry has changed, too. Remember the '54 Chevy that you thought was so "cool" when you were 22? Compare it to the new SUV you might be driving now and you can see how fitness equipment has evolved over the years. However, you shouldn't be intimidated by all of the "bells and whistles" on the high-tech equipment at your health club.

A persistent problem for most health clubs is member retention because people, in general, are very indifferent about exercise and usually don't stick to their exercise program. New Year's resolutions to lose weight and get back in shape are notoriously short lived. When health clubs first became popular back in the fifties in the days of Vic Tanney, Jack LaLanne, and other fitness pioneers, exercise was a novelty and the public flocked to gyms and health spas. But as the novelty wore off, and people became bored with exercise, the fitness industry responded to the challenge by improving the quality and appearance of their equipment and adding lots of fancy "thingamajigs" and "whatchumacallits" to keep your attention and to make exercise more fun.

The end result is that modern exercise equipment – especially the cardiovascular equipment – now offers computerized screens that tell you what distance you have traveled, how many calories you have burned, and much more. By keying in your age, fitness level, and other data, the machines can adjust your workout with variable time, speed, and resistance; change the grade of incline or decline; measure your heart rate, and even talk to you during your workout. You can plug in your own ear phones and listen to your choice of music or even watch television from a remote or dedicated monitor, and some equipment is even hooked up to the internet.

Today's treadmills have flexible decks under high density rubber treads to reduce the impact on your bones and joints and reduce the incidence of injury. In recent years, they have been somewhat supplanted by the popular elliptical machine – a kind of suspended treadmill that allows you to literally run "in the air" with no impact whatsoever. Stationary bikes now come in standard, racing, and recumbent style, and stair climbing machines? - Well, it's hard to make climbing stairs any easier, but the bells and whistles do make it more tolerable.

Aesthetically, most fitness equipment is more modern and streamlined in appearance than it was 40-50 years ago, too. Even the traditional free weights are rubber or vinyl coated in many cases to reduce the clanging and banging of yesteryear. The resistance training equipment allows you to isolate specific muscle groups like never before using a variety of resistance mechanisms including selectorized weights, resistance bands, hydraulics, and even air compression.

So, stick to your New Year's resolution and understand that there is a simple learning curve associated with using today's modern fitness equipment. With a little tutelage from one of the club's fitness instructors, you will find most of the equipment to be user-friendly, and in no time at all you'll be singing the praises of modern technology and enjoying your exercise more.

Jim Evans is a 38-year veteran of the health and fitness industry and a nationally recognized consultant on fitness for seniors. He is chairman of the advisory council for RSVP of San Diego County and host of the popular radio talk show "Forever Young" on KCBQ 1170 AM (KCBQ.com).



Bill also volunteers at Habitat For Humanity (photo)

This past September, I had the unique opportunity to be deployed to the Hurricane Frances disaster relief operation as a volunteer for the American Red Cross, Moore County Chapter. My deployment lasted just over two weeks. Hurricane Francis was the single largest disaster recovery effort ever initiated by the Red Cross. In scope, this effort was larger than the 911 response and larger than the California earthquake response.

I have training and skills in the general area of communications and was assigned to the headquarters for the relief effort in Orlando, FL. The unit I worked with is the *Response Technology Team*, and they are responsible for establishing and maintaining virtually all communications on a disaster. Our team of ten people initially set up phone, fax, data links, satellite communications, computers and wireless phone communications for the headquarters and subsequently for service areas across Florida. The headquarters was set up in a K-Mart that had not been in use for two years. In two grueling days and nights, the Team had a fully operational office building up and running for 300 people. It was a daunting task, but certainly necessary to support a disaster of this magnitude.

I have many vivid memories of the experience. Imagine thousands of volunteers from across the US and Canada working together toward a single common vision! On this relief effort, approximately 97% of the Red Cross workers were unpaid volunteers. I remember having issued over 500 wireless phones to Red Cross and other agency workers and having responsibility to track each phone until it was returned. I also remember being thanked by countless strangers across Florida for the work the Red Cross and other disaster relief organizations were performing. I think my most vivid memories are the look in the eyes of the disaster victims when we were able to offer help by providing food, water or shelter or perhaps just an encouraging word.

My experience was emotionally and physically demanding and an experience I will never forget. Like most Red Cross volunteers, I appreciate the opportunity to help and remain ready and able to do my small part when the next disaster strikes.

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